CIGNA Behavioral Health

You can find great significance, self-awareness or comfort not only in your own memories, but in the memories of your parents as well.

Interview a parent, grandparent or other important adult in your life. Ask them about events that were significant in their lives. How did they feel at the time? It's not a memory test, so be careful not to ask too many questions too fast. And respect their privacy. If they don't wish to discuss certain memories, move on.

Save this interview for your own children, grandchildren, or other children, friends, or relatives important to you.

Parents' Memories

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